

Coaching Tip Number 15 – Thought Control Affects Our Success

Coaching tips will come out once a month to give you a flavor for what coaches do in an active coach/coachee relationship. If you have others that you would like this tip to go to each month you may send me their name and I will make sure they are added to the distribution list or you may forward this information yourself.

Made for Success Quote and Commentary – Christopher Widener

"Life is formed from the inside out. What I am inside determines the issues in the battle of life." -- Dr. William Hornaday

Chris' Commentary:

Everything that happens in our outside world begins in our inside world. Our actions start as our thoughts, either conscious or subconscious. Our thoughts are determined largely by what we dwell on in our minds, what we set our minds to. What this tells me is that to a great degree, we can change our outside world, how we live it and how we experience and interpret it, by changing our thinking, by renewing our mind. Quite simply, there is a lot of junk out there that can warp our thinking if we let it get into us. Depression, anger, fear, worry and the like, certainly affect our ability to succeed, so we ought to do all we can to change on the inside!

Action Point:

1. What kind of input are you giving yourself?
2. Does it foster strong moral character?
3. Does it develop a positive attitude and self-image?
4. Take some time today to read a book or listen to some material that will change you on the inside. In doing so, you will also be changing what eventually goes on on the outside!

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